



Martin J. Chávez, Mayor

City WellNews

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April Wellness Tips

Nutrition Tip

Put More Whole Grains into Your Life. If you can't give up white bread, make sandwiches with one slice of white bread and one slice of 100 percent whole wheat or whole grain bread.

Fitness Tip

New Exercise Recommendations, Including Goals for Seniors. New guidelines from the American Heart Association and the American College for Sports Medicine indicate you should engage in moderate cardio activities (such as brisk walking, light jogging or other exercise that noticeably accelerates the heart rate) at least 30 minutes a day, five days per week. Or you can substitute vigorous activity (such as full-out jogging or strenuous sports) for at least 20 minutes, three days per week. In addition, experts prescribe strength training at least twice a week. For those 65 and up, develop a physical activity plan and consider adding balance exercises if you are at risk for falling.

Health Tip

Fighting fatigue. Don't overeat. The biggest obstacle to feeling energetic is to not eat too much, no matter how healthy the food. If your stomach is working overtime digesting all that food, your brain is not getting the fuel it needs.

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**Mayor Martin J. Chavez
Invites you to**

**Get Your FREE
Health Screening!**

Health Screenings Include:

- Cholesterol (8 hour fast required)
- Blood Pressure
- Body Mass Index
- Body Fat %

**APRIL 1—SOLID WASTE6 - 9AM
(Edith)**

**APRIL 8—FIRE ACADEMY7 - 10AM
(West Entrance—RM. B112)**

**APRIL 15—CITY HALL 7:30 - 10AM
(Council Chambers)**

**APRIL 22—PINO YARDS7 - 10AM
(Bldg. D)**

**APRIL 29—AVIATION)..... 7 - 10AM
(Press Room)**

***8 Hour fasting is required for cholesterol lab draws* No food or drink — Only water and medications**

Employees will be allowed 1 hour to attend a screening appointment with prior approval from their supervisor.

April is Alcohol Awareness Month

Forty-four percent of the adult U.S. population (aged 18 and over) are current drinkers. Although most people who drink do so safely, the minority who consume alcohol heavily produce an impact that ripples outward to encompass their families, friends and communities. The following statistics indicate the magnitude of problem drinking:

- Approximately 14 million Americans-7.4 percent of the population meet the criteria to have a diagnosis for alcohol abuse or alcoholism.
- More than 50% of American adults have a close family member who has or has had alcoholism.
- Approximately one in four children younger than 18 years old in the United States is exposed to alcohol abuse and/or dependence in the family.

Alcohol consumption has consequences for the health and well-being of those who drink and for their family and friends as well. Alcoholism is a disease that includes the following four symptoms:

- Craving: A compulsion or a strong need to drink
- Loss of control: The inability to limit one's drinking on any occasion
- Physical dependence: Withdrawal symptoms, nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking
- Tolerance: The need to consume more alcohol in order to "get high"

People who are not alcoholic sometimes do not understand why an alcoholic does not just "use willpower" to stop drinking. Alcoholism has little to do with willpower. Alcoholics are in the grip of a powerful craving, or an uncontrollable need for alcohol that overrides their ability to stop drinking. The need for alcohol can be as strong as the need for food or water. Genetics can also be a factor. Scientists believe that having an alcoholic family member makes it more likely for a family member that chooses to drink to develop the same disease. A person's risk can also increase due to environment, family, friends, culture, peer pressure, and even how easy it is to get alcohol.

Although some people are able to recover from alcoholism without help, the majority of people with this disease need some type of assistance. With treatment and support, many individuals are able to rebuild their lives and stop drinking.

Source: National Institutes of Health:
<http://pubs.niaaa.nih.gov>

Healthy Eating Habits and Your Children

Teaching your children healthy eating habits can keep them at a healthy weight. Research shows that the eating habits your children pick up when they are young will help them maintain a healthy lifestyle through adulthood.

If you are unsure about how to select and prepare a variety of foods for your family, consult a doctor or registered dietitian for nutrition counseling. It is important not to place an overweight child on a restrictive diet to lose weight unless a doctor supervises one for medical reasons.

Other approaches parents can take to develop healthy eating habits in their children include:

- Guide your family's choices rather than dictate foods. Make a wide variety of healthful foods available in the house. This practice will help your children learn how to make healthy food choices.
- Encourage your children to eat their meals slowly. A child can detect hunger and fullness better when eating slowly.
- Eat meals together as a family as often as possible. Make mealtimes pleasant with conversation and sharing rather than a time for scolding or arguing. When mealtimes are unpleasant, children may try to eat faster to leave the table as soon as possible. This could cause them to associate eating with stress.
- Involve your children in grocery shopping and meal preparation. This will give you hints about your children's food preferences, an opportunity to teach your children about nutrition, and provide your kids with a feeling of accomplishment. Children may also be more willing to eat or try foods that they help prepare.
- Plan for snacks. Continuous snacking may lead to overeating, but nutritious snacks that are planned at specific times during the day can be part of a healthy diet, without spoiling a child's appetite at meal times.
- Encourage your children to drink water rather than soft drinks. Over consumption of sweetened drinks and sodas is linked to increased rates of obesity in children.

Source: www.webmd.com

Taking Steps To Keep Worry Under Control

Worrying about real things in our lives it isn't always a bad thing, though perhaps not a very enjoyable one. Being worried performs a needed function, getting us to focus on an issue and, hopefully, to take action. But we can also suffer from needless worry. This is worry about things that are imaginary or out of our control. Such worry is harmful as it raises stress levels, yet comes from things we can do nothing about.

Excessive worry is not only unpleasant and stressful, but can lead to very real health issues such as:

- Muscle tension
- Increased blood pressure
- higher heart rates
- headaches
- back pain
- stomach problems
- Impaired immune system

So how can you reduce worry in your life? Start by analyzing how real the source of your worrying is. If it's something over which you have control and can do something about, then channel your worry into action. Develop a plan for dealing with the cause of your worry, and then carry it out. But if your source of worry is outside your control, it will continue to cause you emotional and physical problems without allowing you a way to deal with the problem. Your goal is to stop such needless worry before it takes control of your emotions. One way is to re-channel your thoughts. A simple diversion, such as music, a book, talking to a friend or getting some exercise, can often help. It takes practice to refocus your thoughts away from needless worry, but it can be done.

Once the worry is under control, then think about how real the source of that worry is and whether it's something you might better ignore, rather than letting it control you. If you find that chronic worry, especially over things you can't control or influence, is negatively affecting your life, consider talking to a counseling professional who can offer a variety of ways to help reduce the worry in your life.

Source: American Counseling Association;
www.counseling.org

5 Tips for Foot Health

1. Soak the feet with warm water for at least 10 minutes. **Footnote:** APMA recommends adding Epsom salt, herbal soaks or oils for additional relaxation.
2. Remove thickened, dead skin build up (also known as calluses) around the pre-soaked heels, balls and sides of the feet with a pumice stone or foot file. **Footnote:** APMA advises not using a razor because it removes too much skin and can easily cause infection or permanent damage to the skin if used incorrectly.
3. Use an exfoliating scrub on the soles, sides and tops of the feet to eliminate dry, flaky winter skin. **Footnote:** Try Pedinol's Hydrisalic Gel, which holds the APMA Seal of Approval.
4. Apply and massage a healthy amount of emollient-enriched skin lotion all over your feet to hydrate the skin and increase circulation. **Footnote:** Remove any excess moisturizer from the toenails and in between toes as this can be a bastion for bacteria. Try AmLactin moisturizing cream, which holds the APMA Seal of Approval.
5. Clip toenails with a straight edge toenail clipper to just above the top of each toe to ensure nails do not become curved or rounded in the corners. **Footnote:** Try using Sole Savior's SOS Safe Salon Pedicure Kit, which holds the APMA Seal of Acceptance.

Source: American Podiatric Medical Association
www.apma.org

Mayor's Monthly Green Tip

Kick the plastic water bottle habit. Ever wonder where most of those plastic water bottles go that we consume every day? They go into landfills, where they live on and on and on and on. Not only do they stress and accumulate in our landfills, they are made from polyethylene terephthalate (PET), a petroleum product, and their manufacturing process uses oil, a nonrenewable energy source, and increases CO₂ emissions.

Save on resources by drinking from a glass whenever possible, or use a stainless steel bottle when you are on the go. This way you can avoid the controversy over chemicals leaching from both hard and soft plastics into your water, even at room temperatures.

Source: www.thedailygreen.com

Is Your Glass Half Full?

The concentration of alcohol in beer is lower than that in wine or hard liquor. However, the total amount of alcohol in a typical serving of beer (12 ounces), wine (5 ounces), and hard liquor (1.5 ounces) is the same. Because alcohol is *miscible*, or able to mix, with water, it distributes throughout the water-containing portions of the body. The brain has a high water content, and alcohol exerts many of its effects there.



One 12 oz. beer at
4% alcohol



One 1.5 oz shot of
hard liquor at 40%
alcohol or 80 proof



**One 5 oz. glass of
wine** at 11% alcohol

Topics you would like us to discuss in City WellNews?

**Contact:
JD Maes**

jmaes@cabq.gov 768-2921

Questions about Insurance & Benefits?

Contact:

**The Insurance & Benefits Office
768-3758**

Vegetable of the Month



Tomatillos

Tomatillos are small fruits (used as a vegetable) enclosed in a husk. The fruit resembles a small unripe tomato and is usually green or yellow. The yellow color indicates ripeness, but tomatillos are most often used when they are still green. Green tomatillos are firmer and easier to slice. The husk that holds the fruit is paper-like and is light brown. The flesh is slightly acidic with a hint of lemon. Tomatillos belong to the same family as tomatoes.

Recipe of the Month: Corn & Tomatillo Soup
Makes 8 servings

Each serving equals 1 cup of fruit or vegetables

Ingredients

1½ cup tomatillos
1½ cup onion, chopped
2 garlic gloves, diced
1 tsp margarine
3¾ cup whole kernel corn
1 cup frozen peas
4 cups low sodium chicken broth
1 Tbsp cilantro, chopped
4 oz diced green chilies
¼ cup spinach, chopped
1 tsp sugar

Sauté tomatillos, onion and garlic in margarine for five minutes. Remove to food processor and add peas and cilantro. Puree to chunky. Pour in pan and add chicken stock, diced green chilies, chopped spinach, corn, and sugar. Heat and serve.

Nutritional analysis per serving: Calories 128, Protein 5g, Fat 2g, Calories From Fat 14%, Cholesterol 2mg, Carbohydrates 25g, Fiber 4g, Sodium 113mg.

[Source:www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)